interruption phase, a receiving station receiving the transmitted data can interrupt performing an operation selected from the group consisting of receiving the transmitted data and processing the transmitted data and can perform at least one other function;

configuring the continuous interruption phase to extend over at least a portion of a first frame and over at least a portion of a second frame that is successive to the first frame.

Claim 2 (amended). The method according to claim 1, which comprises configuring the continuous interruption phase to extend over a boundary between the first frame and the second frame, and transmitting data in the first frame before the interruption phase and transmitting data in the second frame after the interruption phase.

Claim 3 (amended). The method according to claim 1, which comprises:

transmitting the data at an essentially constant permanent transmission rate, except for the data that are received immediately preceding and immediately following the continuous interruption phase;

transmitting the data that are to be received immediately preceding the continuous interruption phase at a transmission rate that is higher than the essentially constant permanent transmission rate; and

transmitting the data that are to be received immediately following the continuous interruption phase at a transmission rate that is higher than the essentially constant permanent transmission rate.

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Claim 4 (amended). The method according to claim 3, which comprises:

transmitting the data that are to be received immediately preceding the continuous interruption phase within boundaries of the first frame; and

transmitting the data that are to be received immediately following the continuous interruption phase within boundaries of the second frame.

Claim 5 (amended). The method according to claim 3, which comprises:

coding the data jointly, in each case, with data to be transmitted before and/or afterward over a superposition

period having an essentially predetermined superposition length and transmitting the data superimposed upon one another;

transmitting the data to be received immediately preceding the continuous interruption phase over less than one superposition length at the higher transmission rate; and

transmitting the data to be received immediately following the continuous interruption phase over less than one superposition length at the higher transmission rate.

Claim 6 (amended). The method according to claim 3, which comprises:

transmitting the data that are to be received immediately preceding the continuous interruption phase at the same transmission rate as the data that are to be received immediately following the continuous interruption phase.

Claim 7 (amended). The method according to claim 1, which comprises:

transmitting the data redundantly with an essentially constant standard redundancy factor, except for the data that are received immediately preceding and immediately following the continuous interruption phase;

transmitting the data that are to be received immediately preceding the continuous interruption phase with a redundancy factor that is lower than the standard redundancy factor; and

transmitting the data that are to be received immediately following the continuous interruption phase with a redundancy factor that is lower than the standard redundancy factor.

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Claim 8 (amended). The method according to claim 7, which comprises:

transmitting the data that are to be received immediately preceding the continuous interruption phase within boundaries of the first frame; and

transmitting the data that are to be received immediately following the continuous interruption phase within boundaries of the second frame.

Claim 9 (amended). The method according to claim 7, which comprises:

coding the data jointly, in each case, with data to be transmitted before and/or afterward over a superposition period having an essentially predetermined superposition length and transmitting the data superimposed upon one another;

transmitting the data to be received immediately preceding the continuous interruption phase over less than one superposition length at a higher transmission rate; and

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transmitting the data to be received immediately following the continuous interruption phase over less than one superposition length at the higher transmission rate.

Claim 10 (amended). The method according to claim 7, which comprises:

transmitting the data that are to be received immediately preceding and immediately following the continuous interruption phase with the same redundancy factor.

Claim 11 (amended). The method according to claim 1, wherein the portion of the first frame is equal to the portion of the second frame.

Claim 14 (amended). The method according to claim 1, which comprises using the transmitting station to transmit the data such that no data transmitted by it arrive at the receiving station during the continuous interruption phase.

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Claim 15 (amended). The method according to claim 1, wherein the other function performed by the receiving station includes carrying out a measurement with a receiving device.

Claim 17 (amended). The method according to claim 1, which comprises:

constructing the receiving station to receive the transmitted data; and

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constructing the receiving station such that during the continuous interruption phase, the receiving station can interrupt performing an operation selected from the group consisting of receiving the transmitted data and processing the transmitted data.